

Teaching Adolescent Nutrition

January 22 - May 4, 2001

(Please note: This is a special offering of HFDN 524, Nutrition from Early Childhood to Young Adult)

Food choices that teens make today can dramatically affect their health and well being tomorrow. However, many of these young people are facing a dire nutrition situation. For example:

- Eating disorders are on the rise
- The rate of obesity has doubled in the past decade
- Many teen diets lack the recommended amounts of such vital nutrients as calcium, iron and zinc
- According to a recent study done by the US Department of Agriculture, only 1% of children met all of the nutrition recommendations of the Food Guide Pyramid

Through this course teachers will investigate various content areas applicable to adolescent nutrition including the background and need for adolescent nutrition education, key nutrients of concern in adolescent diets, sports nutrition, dietary supplements, eating disorders and developing a healthy body image, the Food Guide Pyramid and nutrition label interpretation, food safety and more. Selected classroom resources, which engage the student and provide for experiential learning, will be highlighted for all content areas.

Course participants will be required to complete weekly reading assignments, take part in online discussion (asynchronous), complete weekly or bi-weekly assignments and complete a course project. Throughout the course, there will be an emphasis on identifying individuals with whom you may team up with in your nutrition education efforts (such as teachers within other disciplines, coaches, food service personnel, and community educators). The course project will be centered around this team approach to nutrition education.

INSTRUCTOR:

Mary Stein, MS. Mary has been working in nutrition education at Montana State University since 1992. She has worked on the development of several curricula for use in the secondary classroom. Mary has developed and instructed two previous online courses for teachers.

CREDIT:

Human Development- Food/Nutrition (HFDN) 524, 2 graduate semester credits.

PREREQUISITES:

A Bachelor's degree and one year of teaching experience or by permission of the instructor. A college level nutrition course is desirable.

TIME COMMITMENT:

6 to 9 hours per week. If you are unfamiliar with this field of study and/or with telecommunications, this course may require more of your time.

TARGET AUDIENCE:

Middle and high school teachers who are interested in enhancing their content and exposure to classroom resources related to adolescent nutrition. Health Enhancement and Family and Consumer Science teachers may find the material within this course most appropriate for their specific curricula.

MATERIALS:

NTEN has an agreement with [MBS Direct](http://direct.mbsbooks.com/msu.htm) to supply the textbooks and diet analysis software for this course. MBS Direct is a division of MBS Textbook Exchange, INC., the nation's leading wholesaler for used college textbooks. You can order the text and software by Internet or phone no earlier than four weeks prior to the beginning of the course at <http://direct.mbsbooks.com/msu.htm> or 1-800-325-3252.

[What is MBS Direct](#)

TEXTS/SOFTWARE:

1. How Did This Happen? A Practical Guide to Understanding Eating Disorders for Teachers, Parents and Coaches, published by Institute for Research and Education Healthsystem Minnesota, 1999.
2. Personal Nutrition, by Marie A. Boyle.
3. Diet Analysis Plus, Version 4.0, nutrition analysis software. Belmont: West/ Wadsworth, International Thomson Publ. 1999, and ESHA Research, Salem: Nutrition Databases & Software Systems.

COST:

Tuition is \$300 and should be paid to NTEN at the time of registration. Materials will cost approximately \$93 plus shipping, and can be purchased from MBS Direct (see contact information listed above).

Funding was provided for the development of this course through a grant from the United States Department of Agriculture, Team Nutrition Training Program.

REGISTRATION DEADLINE:

January 8, 2001..

ADMINISTRATIVE POLICIES:

For **important** information about cancelling, auditing, withdrawing, and other procedural matters, see the [Administrative Policies for NTEN Credit Courses](#) page.

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Last Updated: 01 November 2000

at the [Burns Telecommunications Center](#)
on the campus of [Montana State University-Bozeman](#)

Teaching Adolescent Nutrition

September 13 - December 17, 1999

This course is currently full.

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Through this course teachers will investigate various content areas applicable to adolescent nutrition including the background and need for adolescent nutrition education, nutrition education strategies for an effective educational program, eating disorders and developing a healthy body image, the Food Guide Pyramid and nutrition label interpretation, food safety and more. Selected classroom resources which engage the student and provide for experiential learning will be highlighted for all content areas.

Course participants will be required to complete weekly reading assignments, take part in online discussion (asynchronous), complete weekly or bi-weekly assignments and complete a course project. Throughout the course, there will be an emphasis on identifying individuals with whom you may team up with in your nutrition education efforts (such as teachers within other disciplines, food service personnel, and community educators). The course project will be centered around this team approach to nutrition education.

INSTRUCTORS:

Lynn Paul, EdD, RD. Lynn is the Food and Nutrition Specialist with the Extension Service at Montana State University. She has worked extensively with educators throughout the state on many varied nutrition topics. She presently serves as co-chair of the Montana Statewide Campaign on Eating Disorders. Lynn has had extensive experience presenting nutrition topics and materials to teachers throughout the state.

Mary Stein, MS. Mary has been working in nutrition education at Montana State University since 1992. She has worked on the development of several curricula for use in the secondary classroom. Mary has developed and instructed two previous online courses for teachers.

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MATERIALS:

Prior to beginning of the course participants will receive a course packet which will contain the required reading material for the course.

COST:

Tuition is \$50 (nonrefundable) and there is a \$16 charge for Diet Analysis Software. This is a subsidized course. Funding was provided for the development and offering of this course through a grant from the United States Department of Agriculture, Team Nutrition Training Program.

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